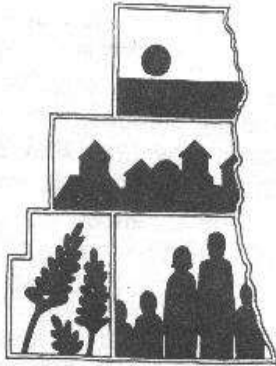


Regional Aging Service Program Administrator
Northeast Human Service Center – Aging Services
151 S. 4th Street, Suite 401
Grand Forks, North Dakota 58201
(701) 795-3000 Toll Free: 1-888-256-6742
Fax (701) 795-3050

RETURN SERVICE REQUESTED



- _____ Please correct your mailing list
_____ Please delete my name from list ATTACH THE OLD MAILING LABEL
_____ Please add my **E-mail Address** to get newsletter: _____

Attention Senior Clubs and County Council on Aging!

Please complete the following information if your senior citizen club or county council on aging has recently elected new officers. The information should be sent to: Regional Aging Service Program Administrator, Northeast Human Service Center, 151 S. 4th Street, Suite 401, Grand Forks, ND 58201.

NAME AND ADDRESS OF SENIOR ORGANIZATION:

NAME AND ADDRESS OF NEW PRESIDENT:

TELEPHONE NUMBER OF PRESIDENT & E-MAIL:

PLEASE SHARE THIS NEWSLETTER WITH YOUR MEMBERS!!!

**NORTH DAKOTA AGING and DISABILITY
Resource-LINK**

Your Care Choice Connection to Aging and Disability Resources

1-855-GO2LINK

1-855-462-5465

www.carechoice.nd.gov



AGING SERVICES

Volume XVIII Number II

Region IV Serving Grand Forks, Nelson, Pembina & Walsh Counties

Spring 2015 Extra

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Aging Services Newsletter

Please share this newsletter with a friend, coworkers, at you senior center, post on a bulletin board, etc....If you wish not to be on the mailing list for the newsletter please call 795-3000 and ask for Patricia Soli. You are welcome to submit any news you may have regarding services and activities that are of interest to seniors in this region. Northeast Human Service Center makes available all services and assistance without regard to race, color, national origin, religion, age, sex or handicap and is subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975 as amended. Northeast Human Service Center is an equal opportunity employer. This publication can be made available in alternate formats.



MISSION STATEMENT:

To provide quality,
efficient, and effective
human services,
which improve the
lives of people.

Older Americans Month 2015 Materials Now Available

ACL has published outreach materials to support communities celebrating Older Americans Month this May. The 2015 observance theme, "Get into the Act," honors the 50th anniversary of the Older Americans Act and emphasizes older adults taking charge of their health and getting engaged in their communities. The available materials include a poster series (select one or use them all!), sample social media, event ideas, document templates, and more. To join ACL in recognizing older adults for their contributions to the nation, visit the [Older Americans Month](#) section of the ACL website.

Look for future announcements regarding materials designed specifically to help you celebrate the **Older Americans Act** anniversary.

National Healthcare Decisions Day Is April 16.... Please join Honoring Choices North and Americans across the country in making future healthcare decisions known to family, friends and healthcare providers. Share your wishes

and complete your advance directive, because... **YOUR DECISIONS MATTER.** Learn more about National Healthcare Decisions Day and get free information at www.nhdd.org.



The need for **Senior Companion volunteers** in the Grand Forks area has hit an all-time high. Since Altru Health System became our main volunteer station there in 2014, a waiting list of older adults wishing to receive Senior Companion services has developed and continues to grow. Will you please post the following notice in the next edition of the Region IV Aging Services newsletter? It would help immensely!

Change the life of a senior in need!

Many lonely, homebound seniors in the Grand Forks area go extended periods of time without a friendly visit. You can make a difference when you volunteer as a senior companion and provide much needed companionship, social recreation and help with light

tasks to your older neighbors in need. You will make new friendships and brighten a senior's day! Other benefits to becoming a senior companion include a tax-free hourly stipend, travel reimbursement, paid holidays and time off. If you are 55+ years of age, of lower income and available to volunteer 15 hours per week, contact Andrea Lang, Easter Program Coordinator, at (800) 450-1510 for more information about becoming a senior companion volunteer with Lutheran Social Services of North Dakota.

Andrea Lang, M.S.

*Eastern Program Coordinator
Lutheran Social Services Senior Companions*

Mailing Address: P.O. Box 389 Fargo, ND 58107

Office: 745 45th St. S. Suite C, Fargo, ND 58103

Phone: (701) 271-3247 or (800) 450-1510

Fax: (701) 235-7359

www.lssnd.org/seniorcompanions

ND Adult Protective Services Program

APS Program is provided statewide through the ND Department of Human Services regional human service centers or through local partner agencies. In Region III APS is provided by Kim Helten at Lake Region Human Service Center. This program addresses the safety of vulnerable adults who are at risk of harm due to the threat of, or presence of, abuse, neglect or exploitation. Abuse means any willful act or omission of a caregiver or other person which results in physical injury, mental anguish, unreasonable confinement, sexual abuse or

exploitation, or financial exploitation of a vulnerable adult. Neglect means the failure of a caregiver to provide essential services necessary to maintain the physical and mental health of a vulnerable adult, or the inability or lack of desire of the vulnerable adult to provide essential services necessary to maintain and safeguard their own physical and mental health. Vulnerable adult means an adult who has a substantial mental or functional impairment. Substantial functional impairment means a substantial incapability, because of physical limitations, of living independently or providing self-care as determined through observation, diagnosis, evaluation or assessment. Substantial mental impairment means a substantial disorder of thought, mood, perception, orientation or memory that grossly impairs judgment, behavior, or ability to live independently or provide self-care as determined through observation, diagnosis, evaluation, or assessment. It is very important to keep in mind that a person, including a vulnerable adult, has the right to self-determination; that is, to make his or her own decisions unless the person gives up that right or the court system gives that responsibility to someone else. Also, a person, including a vulnerable adult, has the right to live how he or she

wants if it does not harm others or involve a crime.

As of July 1, 2013, mandatory reporting of suspected vulnerable adult abuse or neglect went into effect, meaning that a number of professionals are now mandated reporters; however, anyone can make a report. If you suspect abuse or neglect of a vulnerable adult, please call Kim Helten at Lake Region Human Service Center – 1-888-607-8610 or 701-665-2200. **Or Adult Protective Services (APS) Region IV** (Grand Forks, Pembina, Walsh): Bernie Bachmeir or RaeAnn Johnson at 1-888-256-6742



Region IV Nutrition Sites

-Grand Forks Senior Center
Information for
Grand Forks & Nelson
counties contact
701-772-7245 or
<http://gfsejiorcenter.org>
-Walsh County Nutrition
Program 701-284-7999
-Pembina County Meals &
Transportation
Pembina County
701-454-6586



